



16th Special Operations Wing

Hurlburt Field, Fla.

Nov. 2, 2001

New structure towers above base

by 1st Lt. Julie deSylva
16th Operations Support Squadron

They say bigger is better and in this case, it's absolutely true.

The 130-foot air traffic control tower, the newest addition to the Hurlburt Field flightline, opened for business Wednesday. The tower, which had been under construction since March, is three stories taller than the seven stories of the old tower.

The old tower was built in 1956 and had been in continual use for 45 years. The tower was host to more than 18 different airframes. However, the tower became dated, and a need for a change was evident. The planning for the new structure began years ago, and according to Master Sgt. Marie VanBuren, tower chief controller, it symbolizes the growth of the base and the growth of the mission.

The funding for the construction of the new tower and demolition of the old tower was approved in 1998, with the final tally for the project totaling almost \$3.5 million.

Capt. Eric Eibe, airfield operations flight commander, said the new tower offers not only more space and visibility, but state of the art equipment and technology.

"Instead of flipping a toggle switch on a huge console, the same action is completed with a touch of a screen," he said. "The biggest difference is the reliability of our equipment. Everything is new and brings us into the 21st century."

The new tower is also equipped with more office space, an elevator, a break room, a briefing room and breathing room for the personnel. The elevator allows people to skip the first 10 flights of stairs then walk up the final flight into the controlled area of the tower cab, which over-

looks the flightline and surrounding airspace. The new tower cab gives the operators room to move around instead of being cramped into a very confined work space.

According to the flight commander, all his people are up to speed on the necessary training to operate the new equipment and are very excited about the move.

"This is a brand new facility and everyone is pretty jazzed about it," said Captain Eibe.

Tech. Sgt. Deandrea Miller, tower watch supervisor, believes the new tower will take some getting used to but likes the upgrades.

"One of the biggest challenges is just getting used to the new equipment," she said. "The best part is being able to see everything – it eliminates some of our blind spots."

But going from the old to the new might be easier for airfield operators than it would be for most other squadrons. Going from one facility to another often leads to some confusion and time away from the mission, but in controlling air traffic there could be no down time for transition.

"The transition period had zero affect on the wing – it was transparent," said Captain Eibe. "In fact, we could have had an aircraft take off Sunday under the old tower, fly a mission and land talking to the new tower."

In order to accomplish the seamless transition, the airfield operators moved more than half of their radios, antennas, lights and mission essential equipment and got them operational in the new tower, leaving bits and pieces in the old tower to keep business going. Once the new tower



Photo by Senior Airman James Davis

Hurlburt Field's new air traffic control tower dwarfs the shorter, original tower. It's dedication was held at the base of the new tower Wednesday.

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News



CFC final figures

Hurlburt Field achieves 50 percent participation

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Feature

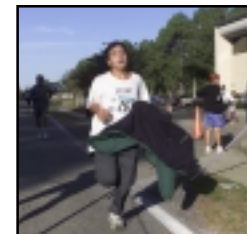


AF fitness test

Get low-down on ergometry test

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Sports



Commando run

Base people go the distance in 5K race

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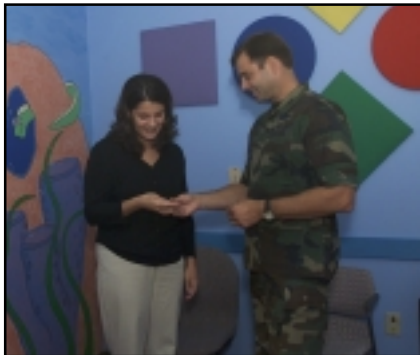
VIEWPOINTS

Open Line

The Commander's Open Line is your direct line to me for questions or suggestions about subjects of concern to the Hurlburt Field community. I really appreciate your feedback.

To receive a response, leave your name, unit and telephone number. Open lines of general interest will be printed in the **COMMANDO**.

I'll answer the others by letter or phone call. Remember, the quickest and most efficient way to resolve a problem is to talk directly to the agency responsible. This gives them an opportunity to help you, and perhaps improve their process. However, if you're not satisfied with the answer you receive, feel free to give me a call at 884-OPEN (6736), or e-mail your concerns to commando@hurlburt.af.mil.



Col. Lyle Keonig, 16th Special Operations Wing commander, presents a coin to Michelle Hovastak, wife of Staff Sgt. Michael Hovastak, 96th Medical Squadron, for her work on a mural at the pediatrics waiting room at the Hurlburt Field Clinic. See the story on Page 5.

Traffic improvements

Comment: The traffic light at Commando Village is a very good idea, however I have a suggestion to improve upon it at minimum cost. Why must both lanes of traffic have to stop on Martin Luther King Boulevard heading towards base when the light turns red? Why not install lane poles to allow the right lane traffic to continue on, just like at the three-way stop on Independence Road?

Reply: Your suggestion has merit, however this is a county road and only

the county can make the decision to alter this intersection. I'll have the Civil Engineer work this issue through the county's traffic board to see if the county would consider making the change at this intersection. Additionally, you can also pursue this idea through your local representative.

Movie rental

Comment: I tried to rent some movies from the base shoppette. They requested a credit card. What are you supposed to

do if you don't have a credit card? It's not like off base where they don't know your life history and everything or can't find you.

Reply: The Army Air Force Exchange Service policy requests that new customers filling out rental agreements provide a credit card number.

Video rental facilities off base also require this type of information although a major credit card isn't necessary. Cashiers will continue to ask for credit cards when filling out rental agreements; however they have been advised not to deny video rental privileges to any customer who doesn't possess a credit card.

Accident aid

Comment: I was in an automobile accident on Aug. 20 and an airman from Hurlburt Field's 16th Medical Group, was the first one on scene. Airman Deanna Dotson really knew her job, took charge of the situation and was really helpful in getting me to the emergency room. I just wanted to let the wing know that she did a fantastic job.

Reply: We're proud of Airman Dotson for using her medical skills to help you after your accident. Acts such as these by Hurlburt people demonstrate the quality of our people and our commitment to the community outside our gates. Glad you were not seriously injured.

Pride in america at its best

by Brig. Gen. Chip Diehl
Director of marketing,
Office of the Secretary of the Air Force

Washington, D.C. — I've never been prouder in my 26 years of serving our great nation. Our American spirit has never shined as bright as when we came together in response to the tragedies of Sept. 11.

From coast to coast, from the Rockies to our plains, citizens and families, churches and communities, businesses and charities, everyone united to comfort, console and recover from the harrowing depths of sorrow.

Now, our armed forces are responding to the call of its commander-in-chief, as we have since George Washington rallied his fellow citizen soldiers to defend their homeland. Our men, women and forces have deployed and called to act, flying combat missions against state-sponsored terrorism. I'm proud — we, my brethren in arms, are proud — we said we were ready, and our airmen have proved us right!

My pride swells even higher when I again see our total force, and notice how our "citizen airmen" are stepping forward. Our Reserve and National Guard brethren are among the first to volunteer for active duty. Day after day, they serve as some of our best, most capable "reserve" forces. I feel they are among our most cherished national treasures, often unsung, but always ready.

As our nation has united with the world, so, too, has our total force team united, come together to support our presi-

dent and defend our freedoms. Total force is for real — combining our active duty forces with our Reserve and National Guard components to form one seamless, strong, tremendously capable team. From every state, every profession, every background — men, women, officers, enlisted, young and old have stepped forward to meet this calling. We're one team — one very powerful, very capable team.

When you see our Air Force in action on TV, you won't be able to tell a Guardsman or Reservist from an active duty airman. We're a team.

When Reserve members come on duty, they're ready, willing and definitely able. When the armed forces or our nation need them, our Reserve components are there, volunteering, ready to serve.

When you see a Guard member at the airport ensuring security, tell them "thank you." They're proud, and will appreciate your kindness.

The Air Force demands much of our Reserve components, but they never waver, and never let us down. From Sept. 11 through deployments today, they again have shined.

Your Air Force and nation salute with great admiration our Guard and Reserve professionals. We also salute and thank the employers of these men and women. Your sacrifice and generosity is appreciated. At this difficult, demanding moment when our nation and the world are calling on our military, we should all be proud of our Reserve and Guard professionals, their call to arms truly exemplifies the wonderful and enduring soul and spirit of America.



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News

CFC 2001: a huge success

by **Airman 1st Class Sam Taylor**
Public Affairs

Oct. 26 marked the last official day of the Combined Federal Campaign, ending with a record-breaker for the base.

"It's time to celebrate Hurlburt Field's success," said 1st Lt. Jennifer Ortiz, wing project officer for the campaign. "As a wing, we were able to get more people involved in CFC, raising our participation by 20 percent. From the 30 percent participation of last year's campaign, we went to an incredible 50 percent this year, beating our 40 percent goal."

Lieutenant Ortiz credits active base leadership and teamwork for much of CFC's success.

"Such a big leap wouldn't have happened had wing, group and squadron commanders not played an active role in the campaign," she said. "With top management's participation, CFC was put forward as a priority in the wing, making all the difference. Group project officers, squadron coordinators and key workers worked extra hard to contact every person on Hurlburt Field."

As in previous years, base people were extremely generous in their contributions, said the lieutenant. The wing raised

\$376,404, which is \$87,684 more than last year.

"It was amazing at the turn-ins just seeing how much people were willing to give," she said.

More than \$100,000 was raised by the third week of the campaign, with only 11 percent of the wing contributing. Ken Winzeler, United Way representative, said he'd never seen anything like it in the 11 years he's worked the campaign. The turn-ins were so big this year they kept CFC loan executives busy double checking numbers to ensure their accuracy.

Together, Hurlburt Field and Eglin Air Force Base campaigns raised more than 1 million dollars. The million dollar mark was reached at Hurlburt Field's final turn-in, where the last \$31,000 needed was raised — another record breaking moment, said Lieutenant Ortiz.

Some people may attribute the CFC success to the Sept. 11 attacks on our nation, she said.

"People may have been more willing to give when they saw how our nation was suffering," said the lieutenant. "However, the reason for people's generosity doesn't matter to CFC. If people's eyes were opened and they gave this year, the hope is that they'll remember and give again next



Photo by Senior Airman James Davis

First Lt. Jennifer Ortiz, 16th Equipment Maintenance Squadron; Tech. Sgt. Will Berry, 6th Special Operation Squadron; and Tech. Sgt. Deborah Berry, 373rd Training Squadron, post the final Combined Federal Campaign totals.

year. The CFC is a way for everyone to help and get involved, and we should always keep in mind that every little bit helps."

Base, city await military appreciation day

by **Amy Oliver**
AAC Public Affairs

The Greater Fort Walton Beach Chamber of Commerce honors the Gulf Coast's military members with its first Armed Forces Appreciation Day, Saturday, at the Okaloosa County Fairgrounds.

The day is meant to honor the local military, including Air Force, Army, Navy, Marines, Coast Guard and Reserves, and is open to the public.

Retired Air Force Col. Bruce Marshall, member of the Fort Walton Beach Chamber of Commerce Military Affairs Committee and one of the event's coordinators, said he came up with the idea for the appreciation day with his counterpart, Eddie Phillips, also a chamber committee member, and Col. David Bird, 96th Air Base Wing commander. He feels this event is something the area needs.

"Armed Forces Appreciation Day is, no doubt, a long overdue event for this community," Colonel Marshall explained. "This is arguably the most supportive military community surrounding an Air Force base."

"It's appropriate that we, as a community, show our support to all ranks and all services who give so much back to this community and the nation."

The day begins at 8 a.m. with a memorial service at the Air Armament Museum and is followed by an invitation-only breakfast at the Eglin Enlisted Club at 9 a.m. Colonel Marshall expects a large crowd at the memorial service.

"We're expecting around 300 people to attend the memorial service," he said. "This service is appropriate because it honors those who have given their all for their country."

Following the breakfast is the Armed Forces Appreciation Day

Parade at 10 a.m., beginning at Lewis Turner Boulevard and ending at the fairgrounds. The parade features the Fort Walton and Choctaw-hatchee High School Bands, military representatives from both bases, boats from the Coast Guard and representatives from the local government.

With the large amount of support, Hugh Kendall, parade coordinator, said the parade looks to be a big success.

"I expect a lot of people to be out there — the whole area may be out there," Mr. Kendall said. "It's going to be an enjoyable day, not just a parade."

The fairgrounds opens its gates at 11 a.m.; and in addition to food and merchandise booths, the Army Rangers and the Air Force and Navy Explosive Ordnance Disposal will have displays for visitors to view. Various Eglin munitions will also be on display. Country star Lee Greenwood and Jones & Company, a local band, are scheduled to perform, as well as the U.S. Air Force Band of Mid-America and local high school bands and choral groups.

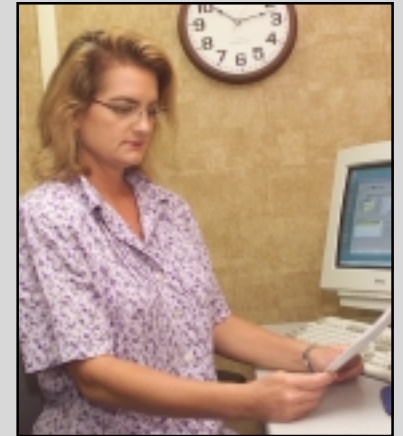
Admission to the Lee Greenwood concert is free for active-duty military members, National Guard and Reserve and their family members; admission for everyone else is \$5.

Col. Jimmie Smith, 96th Air Base Wing Assessments, Inspections and Readiness chief, and Eglin coordinator of the event, feels the event will be exciting and is a great opportunity for everyone involved.

"I hope this is the first of many appreciation days," Colonel Smith stated. "This event can only get bigger and better. This is a golden opportunity for the community to interact with the military as an industry and get together."

(Greg Davenport, AAC Public Affairs, contributed to this story)

Spotlight on ...



Stefani Schiller

Name: Stefani Schiller

Rank/Duty Title: Contractor/automated data processing equipment inventory specialist

Organization: 16th Communications Squadron

Hometown: Fort Walton Beach, Fla.

Hobbies: Exercise, books, movies and tending to her cat

Contribution to the mission:

Ms. Schiller works tirelessly, and in her own personal time when the need arises, to ensure her customers' complete satisfaction. She brings a very positive, upbeat attitude to a job many might otherwise consider mundane. This effervescence is contagious. Many a customer can be seen entering the office sporting a frown or downright scowl, only to depart a short time later smiling broadly.

Furthermore, Ms. Schiller continues to strive to learn all she can about her job in order to improve her ability to serve the base population. Her professionalism and integrity are most refreshing.

(Editor's Note: The COMMANDO highlights airmen, junior NCOs, company grade officers, Department of Defense civilians and volunteers in units who do a great job, but who may not receive much recognition day-to-day. Supervisors can call the 16th Special Operations Wing Public Affairs Office at 884-7464 for more information on nominating an individual for the "Spotlight on..." column.)

AIR FORCE NEWS

U.S. Commando Solo II takes over Afghan airwaves

WASHINGTON – After years of Taliban propaganda, the Afghan people are hearing another voice. At any time of the day or night, an Air Force Special Operations Command EC-130E Commando Solo II is in the area of operations, broadcasting news and information to the Afghan people.

The aircraft and crews fly a variety of missions. In Afghanistan, they're broadcasting music, news and information in the various languages of the country. These are radio broadcasts only.

The planes, which are based at Harrisburg International Airport, Pa., are part of the 193rd Special Operations Wing of the Pennsylvania Air National Guard.

Army specialists in the language and customs of the area prepare the broadcasts. The capability allows U.S. Central Command planners to warn the Afghan population to stay away from Taliban and al Qaeda targets. The broadcasts stress that the coalition campaign isn't aimed at the Afghan people, but at the terrorists and their Taliban supporters.

"We have no wish to hurt you, the innocent people of Afghanistan," reads one English translation of a broadcast. "Stay away from military installations, government buildings, terrorist camps, roads, factories or bridges."

Another broadcast told the people of Afghanistan why the United States is attacking the Taliban and al Qaeda.

"On Sept. 11, 2001, thousands of people were killed en masse in the United States," it reads. "Among them was a 2-year-old girl, barely able to stand or dress herself. Did she deserve to die? Why was she killed, you ask? Was she a thief? What crime had she committed? She was merely on a trip with her family to visit her grandparents. Policemen, firefighters, teachers,



Photo by Master Sgt. David Hawkins
Senior Airman Ken Lockhart, a security forces member from the 193rd Special Operations Wing, stands guard in front of the unit's EC-130E Commando Solo II aircraft.

doctors, mothers, father, sisters, brothers, all killed. Why?"

The broadcast went on to explain that the attacks in New York and the Pentagon were on innocent people – an act forbidden by the Muslim Koran.

"[The terrorists] believe they are heroes, Ghazi warriors triumphing over the evil of the west," the broadcast continues. "However, the truth is they're murderers and don't represent Islam."

Ghazi warriors are Muslim heroes from the early days of the religion.

The aircraft have been modified to not only handle radio, but television broadcasts. They can broadcast via tape or live.

"If needed, we have the capability to take a speech by the President of the United States and beam it live via satellite to the aircraft, which then would broadcast it," said 1st Lt. Edward Shank, a spokesman for the squadron.

The name "Commando Solo II" also has meaning. Commando refers to the special operations mission, and Solo refers to the fact that the aircraft can go it alone, he said. (AFPN)



Photo by Staff Sgt. Bob Oldham

American pride

WARD, Ark. – Corey Hand, a 7-year-old first-grader at Ward Central Elementary School here, posts the American flag Oct. 24 at a school assembly. People from the Arkansas Air National Guard's 189th Airlift Wing were at the school to participate in Operation Patriotism, a nationwide program designed to instill a sense of dedication, pride and love in the hearts of young people for the United States and its flag.

Look who's talking: What television show do you hate to miss?



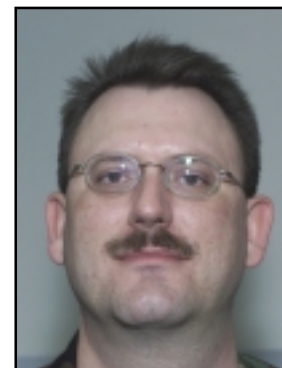
"Lately it's been the 'Third Watch.' One of our children is a fireman, and the show has really hit home."

Bill Ward
16th Civil Engineer
Squadron



"'Law and Order,' definitely."

**Airman
Desire Simpkins**
16th Component
Repair Squadron



"Monday night football, pure and simple."

**Staff Sgt.
Willard Rodgers**
823rd RED HORSE
Squadron

Artist doesn't paint by numbers

by Staff Sgt.
André Nicholson
Public Affairs

People who visit the Hurlburt Field Pediatric Clinic have an opportunity to see a rare work of art.

It may not be Picasso or a Michaelangelo, but the painter, Michelle Hovastak, is an artist in her own right. Mrs. Hovastak, wife of Staff Sgt. Michael Hovastak, 96th Medical Squadron, Eglin Air Force Base, painted the mural in the pediatric clinic waiting room here.

Mrs. Hovastak paints as a hobby, and through word of mouth was presented the opportunity to do the mural, she said.

"It's safe to call it a mural because of its size and the fact that it's on a wall," she added.

The mural, which depicts an under-the-sea scene of animated fish, took her about 40 hours to complete in about a 3-week time frame. But she said "Everyday was fun and I looked forward to doing it."

Although she hasn't painted any other murals or done other art work on base, Mrs. Hovastak's artistry doesn't end with the pediatric clinic.

"I've also painted my son's room with clouds and stars around the border and I've painted a tree in the corner of one room with branches that extend to each wall, in the house of a friend," she said.



Photo by Staff Sgt. Diane Thomas

The new mural at the Hurlburt Field clinic depicts a cartoonish underwater scene.

Mrs. Hovastak was an art major in college and has been interested in drawing since she was a child.

Along with painting, she enjoys drawing and making ceramics. Her future goal is to complete her art degree in either graphic or interior design, she said.

Thanks to Mrs. Hovastak and the assistance of the Hurlburt Field's Officers' Spouses' Club, who painted another wall in the clinic, the waiting room wait may not seem so long after all.

For more information about Michelle Hovastak's paintings, call 603-0334.

AFSOC's newest directorate making future happen

by Tech. Sgt. Ginger
Schreitmueller
AFSOC Public Affairs

A new directorate at Air Force Special Operations Command is focusing on the command's future.

Under the motto, "We don't predict the future ... we create it," the AFSOC directorate of requirements, testing and evaluation officially stands up Oct. 29.

Known as AFSOC/RT, the directorate will ultimately be staffed with about 20 people, and is being led by Col. Bob Leonik.

"We're here to provide the critical oversight of vital Special Operations-unique requirements, testing and evaluation within AFSOC," said the colonel. "Our

mission is to support the design, development and modification of our aircraft, mission equipment, weapons, intelligence, medical, communications and support equipment that meet the mission needs for the command, now and in the future."

The new directorate is tasked to serve as the broker for future needs of the command, said Colonel Leonik. AFSOC/RT will be the one-stop shop for the command's requirements, testing and evaluation programs.

"We'll validate the requirements, and test them to ensure they are the best possible solution for our warfighters," he said.

Having oversight for these

See **FUTURE**, Page 6

Reservists get relief from prior-to-active-duty debts

WASHINGTON—Reservists called to active duty may qualify for reduced interest rates under a law passed 61 years ago. The Soldiers and Sailors Civil Relief Act provides a variety of civil law relief to all servicemembers.

Congress passed the relief act to provide protection for people entering or called to active-duty military service. The act serves to postpone or suspend certain civil obligations so people can devote full attention to their military duty.

Servicemembers need to be aware that they may be eligible for some of the act's protections, said Maj. Melinda Davis-Perritano, deputy chief of the legal assistance division, Air Force Legal Services Agency.

"Our legal offices have been inundated with requests for additional information," she said.

Relief under the act is not automatic.

"Most provisions are triggered only after the service member takes some action, such as notifying his or her financial lender," Major Davis-Perritano said. "Members, both active and Reserve, should do a little research to find out whether they're covered by a specific protection and what they need to do to ensure the protection takes effect."

To qualify for a reduced interest rate of six percent on such loans as home mortgages, credit card accounts, bank or credit union personal loans, department

store accounts and business loans, certain requirements must be met, Major Davis-Perritano said.

Qualification criteria under the act are:

- The loan must have been taken out during a time when the member wasn't on any form of active duty in any branch of the military

- The account's interest rate is currently above six percent per year

- Active-duty service must materially affect the person's ability to pay the loan at the regular, pre-service interest rate. Generally, this requirement means the person made more money as a civilian than on active duty

- The person notified the lender and provided a copy of active-duty orders to the lender.

Although the act applies equally to active duty and reservists called to active duty, Davis-Perritano said this portion is most widely used by recently activated reservists and National Guard people whose military income is less than their pre-service income.

"Active component members seldom qualify for this provision because the obligation must pre-date the active-duty service," she said.

For more information or to determine whether the act applies to a situation, visit the base legal office in wing headquarters building 90210. (AFNS)

FUTURE, *Continued from Page 5*

processes means stepping out of the box, said the colonel.

"In-the-box thinking is what management does," he said. "It's the standard operating procedures, doing things the right way and staying on the path. Out-of-the-box thinking is an operator's mentality — doing something for the right reason, doing something because it's effective. That's where we want to be, in the leadership role for our requirements, testing and evaluation procedures."

The colonel said the RT staff's prime mission is to link requirements to the combat needs of the AFSOC team, and validate and coordinate the operational testing.

"Every requirement has to have a combat link; we have to tie the request to a deficiency in our processes and show how a product will improve our combat effectiveness," said the colonel.

Though RT is new to this command, the concept is used effectively across the Air Force. Other major commands have a similar agency under the DR staff — a directorate of requirements.

"We'll work closely with other commands to network ideas and programs," said Colonel Leonik. "It'll be a win-win situation for all involved."

Current programs being overseen by AFSOC/RT include modifications to the CV-22 Osprey and enhancements to infrared countermeasures for the command's airframes.

Anthrax threat suspends two popular mail programs

ALEXANDRIA, Va.—Military postal officials reluctantly suspended the “Operation Dear Abby” and “Any Service Member” postal programs because of the anthrax threat.

Alan Estevez, acting assistant deputy undersecretary of defense for transportation policy, suspended the two programs in a signed Oct. 30 memorandum to the Military Postal Service Agency. The memo formalizes an interim agency suspension issued Oct. 16. Effective immediately, mail will no longer be accepted for these anonymous-sender programs.

The Dear Abby program, founded by the newspaper advice columnist, has delivered mail to U.S. servicemembers overseas during the holiday season for 17 years. The Any Service Member mail program grew out of Desert Shield and Desert Storm, but really cranked up during the U.S. assistance to Bosnia in 1995, officials said.

Both programs let U.S. servicemembers overseas know that fellow Americans support them and appreciate their sacrifices.

The most critical issue surrounding these mail programs is personnel safety, said Military Postal Service Agency officials.

“Both of these programs create an avenue to introduce mail into the system from unknown sources,” officials said. “The recent mail-related attacks have demonstrated the vulnerability of the postal system.”

Mail handling has become more sensitive and time consuming, officials said, and the increased volume of mail that would result from the Dear Abby and Any Service Member programs could impact the quality of military postal service and force protection.

U.S. Postal Service officials said a ton of letter mail equals about 71,000 typical first-class letters. (AFPN)

TOWER, *Continued from Page 1*

was up and running, the remaining equipment was moved over.

“There was a change in environment but no change in how we operate,” said Captain Eibe. “The move only improved the way we do business and the quality of life at work.”

The official ribbon cutting ceremony took place Wednes-

day, after which the wing leadership toured the tower, and Captain Eibe opened the invitation to aircrew members.

“I welcome the aircrew to come up to the tower and see things from our point of view,” said the captain. “Just like with an incentive ride, we get to see things from the pilot’s perspective – with a tour of the tower, they can see what it’s like for the controllers.”



Photo by Airman 1st Class Sam Taylor

(right) Master Sgt. James Painter, air traffic control training and standardization chief, explains the flow of air traffic on the flightline to Maj. Tom McCarthy, 16th Operations Group Tactics Flight commander.

Operation Warmheart helps airmen have happy holidays

by **Airman 1st Class Sam Taylor**
Public Affairs

Hurlburt Field kicks off its annual Operation Warmheart assistance fund drive Nov. 26. Volunteers from organizations throughout the base will man donation booths at the commissary, base exchange, shoppette, and mini mall.

Operation Warmheart relies on individual donations either by personal donations at the fund drive or through Combined Federal Campaign contributions.

These donations enable a volunteer committee to maintain a checking account to help make the holidays brighter for military and Department of Defense civilian families.

"This non-profit organization was put in place to help our commandos and their families during the holidays, and those rare times throughout the year when misfortune strikes and they may not be able to put food on their table," said Master Sgt. Gloria Jones, 16th Logistics Support Squadron first sergeant.

The committee is comprised of representatives from the

chaplain's office, family support center and the First Sergeant's Council. Each first sergeant submits a list of names, whether military or DOD civilian, who are experiencing financial difficulties, to the committee, said Sergeant Jones.

"An example may be a family with a large number of family members whose budgets limit holiday festivities, or a small family, which has had several expensive things break down, i.e. refrigerator dies, car needs extensive work, washer or dryer goes out," she said. "These things add up, and during the holidays there's nothing worse than to have all this happen at about the same time. You may be a single parent barely making ends meet, or a new family just getting started with a new baby; and with E-1 through E-6 pay, times are simply tight, and even tighter during the holidays."

"As a first sergeant for more than six years, I've been proud to witness the effectiveness of our Operation Warmheart program, said Sergeant Jones. "Many of our folks don't request this direct assistance, but need it all the same."

Every dollar donated goes directly to assist Air Force families, she said. The more money donated, the more families can be helped.

"Last year more than 600 people were personally affected by your overwhelming generosity," said the sergeant. "While you're deciding whether or not to contribute, consider the numbers of lives we touched last year, and this year with the current world situation, how many of our troops may need this assistance in the future? Every dollar counts. It could be someone you work with or maybe even you."

"We never know what life has in store for us," said Sergeant Jones, "that's why Operation Warmheart exists."

"Taking care of our own isn't a buzzword used to solicit public support," she said, "it's something we all do."

"Air Force members realize unexpected events happen when they least expect it and people are often too proud to ask for help, said Sergeant Jones. "Your contributions to Operation Warmheart continue to provide solutions for our Air Force families in times of need."

Annual Thanksgiving food drive begins

by **Airman 1st Class Sam Taylor**
Public Affairs

The 2001 Hurlburt Field Thanksgiving food drive began Monday, and runs through Nov. 17.

Run by the Hurlburt Advisory Council, the program uses food and monetary donations to provide Thanksgiving meals to base families selected by their supervisors and first sergeants.

Donation pick-up areas are at the commissary, base exchange, shoppette, and on Mondays the mini-mall due to the commissary being closed.

Items needed include: canned vegetables, instant mashed potatoes, yams, stuffing mixes, cranberry sauces, gravy, desserts and baby food, juices and cereal. Monetary donations are used to pay for the turkeys given in the food baskets.

"This program is great for the base community," said Staff Sgt. Michelle Cleaton, Thanksgiving food drive chairman. "It's given families in

the past a better Thanksgiving than they might of had otherwise. Last year we helped more than 300 families and would like to do the same, if not more, this year. We also donated \$1,500 to Operation Warmheart."

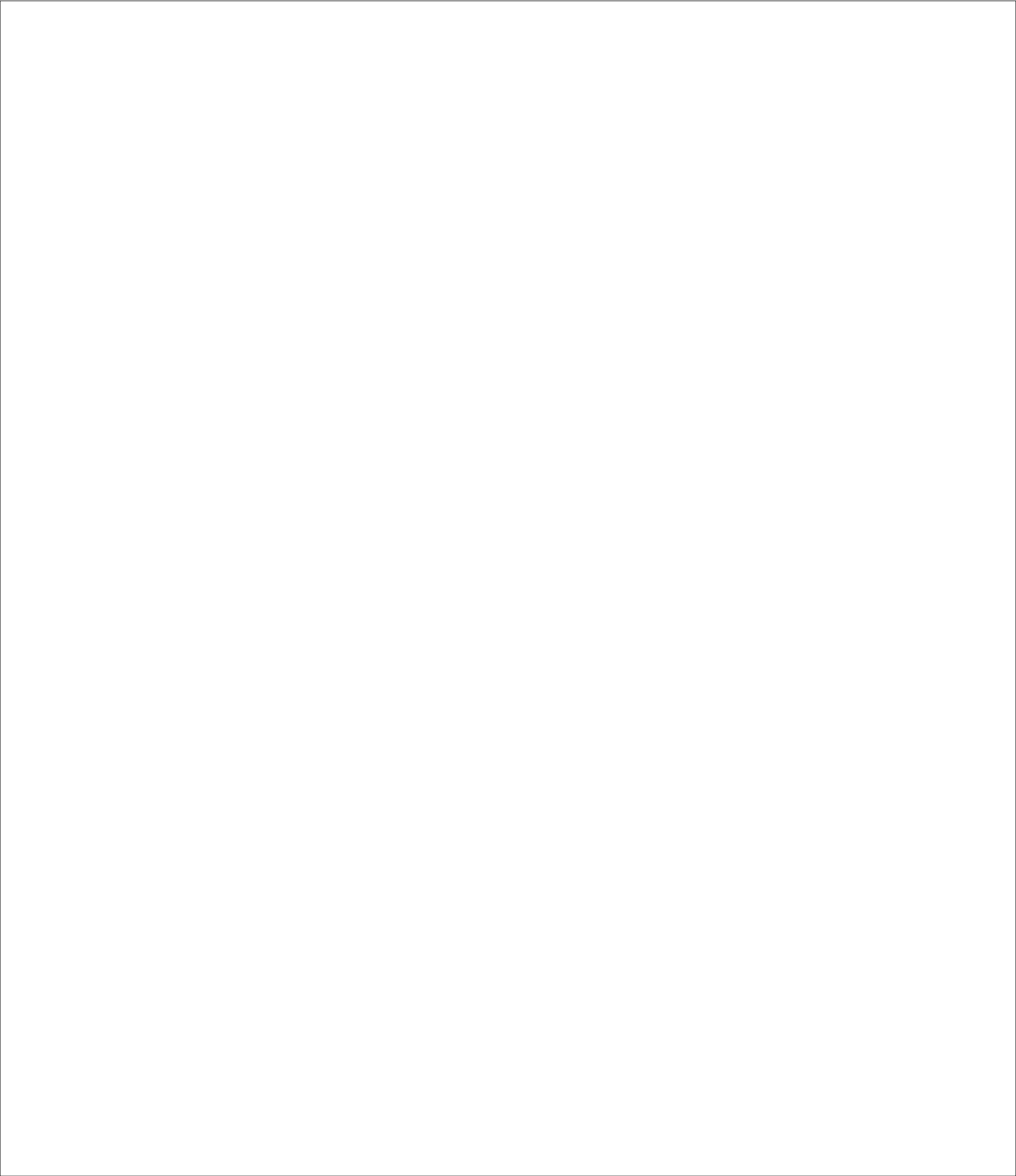
The average food basket gives a family their Thanksgiving meal plus enough extra items to feed them though the weekend, said the sergeant.

"We try to help all families that are selected. We've never had to deny anyone a basket due to a lack of donations."

"This is a year of giving with all that's going on in the world," she said. "We helped the families of the Twin Towers and the Pentagon — now we need to help the families of Hurlburt Field have a Thanksgiving that many may not have had otherwise."

Committee members are still needed to help with the setup and tear-down of the donation booths. For more information about the food drive, call Sergeant Cleaton at 884-6711.





FEATURE



(left) Staff Sgt. Paul Cadiz, 16th Medical Group, demonstrates the up position when performing a crunch. If airmen need to rest during the crunch, they must do so in the up position.

(top) Sergeant Cadiz shows the down position for the push-up. Airmen aren't allowed to lie flat on the mat once the assessment begins.

(above) The starting or "up" position is the only way airmen can rest during the push-up.

Photos by Staff Sgt. André Nicholson

Air Force fitness testing becomes more comprehensive

by Staff Sgt. André Nicholson
Public Affairs

Those who've been around the Air Force for a few years might remember running a mile and a half as part of the annual fitness test. That test, which was replaced by the Cycle Ergometry gets a new addition to the assessment.

Starting January 2002, the Air Force officially adds the muscle endurance fitness test. The muscle endurance test is designed to show how efficient your muscles work at long periods of time, said Bill Nichols, fitness program manager and exercise physiologist at the Health and Wellness Center.

Airmen will perform crunches and push-ups after completing the Ergo test with a three minute rest period between each of them.

Members here have been participating in the muscle endurance test for the past year but won't be officially tested until January.

The other half of the fitness test – the Ergo, has been up and running for a few years and Mr. Nichols explained, "Ergometry is an assessment of someone's aerobic efficiency. The previous fitness assessment system wasn't a true test of a person's aerobic efficiency."

Staff Sgt. Paul Cadiz, medical technician at the HAWC, describes Ergo as a glimpse of someone's aerobic fitness level. He summarizes the test as something that would gage an individual as being "aerobically" fit or unfit. How an airman gets classified in the fit category depends heavily on his aerobic conditioning.

Mr. Nichols recommends a few things in order to do well or improve on the Ergo test.

- Exercise at least four days a week for about 40 to 50 minutes.

- Maintain a heart rate level of 70 to 80 percent of your maximum heart rate.

- Participate in aerobic activities, such as jogging, fitness walking or road cycling.

The key, he said, "Is monitoring your heart rate and challenging your heart to become stronger and more efficient."

The biggest problem people have with the test is anxiety and simply not being prepared, Mr. Nichols said.

If members fail the Ergo test on their original try, they're given seven days to retest. After a second failure, they're placed on a fitness improvement program.

The first phase of the FIP is the self directed fitness improvement program, where members are required to exercise within specific guidelines and for six months are allowed to exercise and do what's needed to improve their fitness conditioning under their own direction.

At the end of the six months, members are officially retested and either taken off the SFIP, if they pass or placed on the monitored fitness improvement program due to another failure, Sergeant Cadiz said

In this phase, people are monitored more closely and are required to participate in mandatory exercise sessions at the Commando Fitness Center and participate in a computer interactive "downloadable" heart rate monitoring program provided by the HAWC.

The MFIP has several stipulations. Members can't

be given a practice test until they've been on the program for at least one month. Also, they must document all exercise sessions on Air Force form 1975, and they must be officially reassessed at the end of the six month period.

If members fail the Ergo test after the MFIP phase, they're placed in the third phase – the commander's administrative action or exemption program.

During administrative action, there are four sub-phases – each a month long, and members must follow the same exercise requirements as in the MFIP.

Actions by the unit commander can vary from letters of counseling to removal of supervisory duties.

After the last sub-phase, members are once again reassessed, and if they fail, they're then referred to the wing commander for further actions.

Current standards for muscle endurance are subject to change by January.



An ergometry fitness assessment monitor demonstrates the proper leg position while sitting on the cycle.

LIFESTYLE

Military

Veterans Day cookout

American Veterans Post number 29, hosts a Veterans Day open house and cookout Nov. 11 at 1 p.m. There'll be free food for active duty members. The post is located off U.S. Highway 98 in Destin, behind Sexton's Seafood Market, 106 Benning Drive 2. For more information, call 837-1793.

TMO closes

The transportation management office, personal property, passenger and freight services will be minimum manned at noon, Thursday, Nov. 9 it will be closed for a wing down day and Nov. 12 for the observance of Veterans Day. For emergency TMO services on Nov. 9 and 12, call the Command Post at 884-8100 or vehicle dispatch at 884-7223. All temporary duty and permanent change of station travel tickets with departure dates between Thursday and Nov. 13 should be picked up before the end of day Wednesday. For more information, call TMO at 884-6619 or 2585.

Munch and Mend

The Hurlburt Field Base Chapel sponsors a Munch and Mend, Monday from 5 to 7 p.m. Senior Airmen and below can have a minor repair done on one article of clean clothing or have stripes, patches or name tags sewn on while having a free, early Thanksgiving meal. For more information, call Bill White at 884-7371 or Jimmie Thomas at 881-3344.

Community

Potluck dinner

The Family Support Center sponsors a "Hearts Apart" Thanksgiving Potluck dinner for spouses and families of deployed members Nov. 14 from 6 to 8 p.m. at FSC. To make reservations and coordinate dishes, call Tech. Sgt. Karen Guilmette at 884-6797.

Annual leave

Most civilian employees are permitted to carry over a maximum balance of 240 hours of annual leave from one leave year to the next. All leave in excess of this maximum balance must be expended by the end of the current leave year Jan. 12, 2002 or it'll be forfeited. Forfeitable annual leave must have been requested, approved and scheduled in writing no later than three bi-weekly pay periods prior to the end of the leave year Dec. 1, 2001. The scheduling of use or lose leave by Dec. 1 is a joint responsibility of the supervisor and the employee. When employees fail to schedule their annual leave, supervisors should take the necessary steps to ensure the leave is scheduled by Dec. 1. There are two circumstances in which forfeited annual leave may be restored. If the leave was scheduled in advance and the employee was precluded from using

it due to illness or if the leave couldn't be used due to a demand of public service. For more information on restoring leave, call the employee relations specialist at Eglin Air Force Base at 882-4298 or Hurlburt Field at 884-5219.

Commissary hours

The Hurlburt Field Commissary closes Nov. 13 in observance of Veterans Day and reopens Nov. 14. The commissary will open Nov. 19 and close Nov. 22 and 23 in observance of Thanksgiving. It resumes normal operating hours Nov. 24.

Jewelry sale

The Eglin Air Force Base Officers' Spouses' Club sponsors a precious jewelry sale Jan. 31 and Feb. 1 from 11 a.m. to 7 p.m. at the Eglin Officers Club. Military members, Department of Defense civilians and Nonappropriated Fund members are invited to attend.

Golden Corral

The Golden Corral restaurant hosts Military Appreciation Night, in support of Veterans Day Nov. 12. Every Golden Corral restaurant across the country offers a free dinner buffet with choice of beverage to any veteran or active duty military member, who visit any Golden Corral. Members must identify themselves at the register when they go through the line.

Native American Heritage

The Native American Heritage committee schedule of events are as follow:

Annual Prayer Breakfast at base chapel – Tuesday, at 7 a.m. Speaker is Dennis Standing Bear Compos, member of Oglala Lakota Nation.

Visit with Child Development Center – Thursday, at 2:30 p.m. and youth center, at 4:15 p.m.

Story hour at base theater – Nov. 13, at 6 p.m.

Family Pre-Thanksgiving dinner and dance performance at J.R. Rockers – Nov. 17, at 5 p.m.

For more information, call Staff Sgt. Lynetta Williams at 884-8746 or Master Sgt. Bryan Osborne at 884-6844.

Marketing yourself

A professional lecture sponsored by the Retired Officers Association for officers and senior NCOs, who plan to leave the service or retire in one to five years will be held Nov. 6, from 9 to 11:30 a.m. at the base theater. Spouses are welcome to attend. For more information, call Charlie Ray, at 884-6281.

Best base award

The Air Force Times sponsors a best base contest to recognize bases where living conditions, concern for members well-being and community spirit set the bar for excellence. Readers can log on to: www.AirForceTimes.com/bestbase to vote in categories such as best family life, best singles life, best facilities and best community life. Runner-ups and individual category winners will be named in the Nov. 12 issue of Air Force Times. Interested people should participate on their own time, using their own computer. For more information, call the public affairs office at 884-7464.



Hurlburt Field Chapel (884-7795)

Catholic Masses

Saturday, 5:30 p.m.
Sunday, 7:30 and 10 a.m.
Confessions: Saturday, 4:30 to
or by request.

Youth: 5 p.m. Sunday

Protestant Services

Sunday, 8:45 a.m. (praise &
11:15 a.m. (traditional),
12:30 p.m. (Gospel)

Youth and Single Groups available

Jewish Services (882-2111)

Sabbath services: Friday, 7:30 p.m., Eglin Chapel 1

Havdallah services: next-to-the-last Saturday of
each month, 7 p.m., Chapel annex

Muslim Services (882-2111)

Jumuah: Friday, 12:45 p.m.

Qur'an: Saturday, 6 p.m.

At the movies

**Prices are \$3 for adults
and \$1.50 for children.
Movies start at 7 p.m.
unless otherwise
indicated.**



Hurlburt Field (884-7648)

Friday and Saturday – (R) "Jeepers Creepers," starring Justin Long and Gina Philips – After making a horrific discovery in the basement of an old abandoned church, Trish and her brother Darryl watch their routine road trip home from college turn into a heart stopping race for their lives. They find themselves the chosen prey of an indestructible force that relentlessly pursues them.

Sunday – (R) "Jay and Silent Bob," starring Jason Mewes and Kevin Smith – When Jay and Silent Bob learn that a "Bluntman and Chronic" movie is being made featuring their comic book counterparts, they drool at the thought of fat movie checks rolling in. But when the pair find that there won't be any royalties coming their way, they set out to sabotage the flick at all costs.

Eglin (882-1066)

Friday and Sunday – (PG-13) "Hardball," starring Keanu Reeves and Diane Lane – When Conor O'Neill tries to borrow money from a friend to pay for his gambling habit, the loan is on the condition that he coach a little league baseball team from the Cabrini Green housing projects. Meanwhile, off the field, Conor finds himself falling for the children's teacher, Miss Wilkes. As he begins to fully embrace his new role as a coach and father figure, tragedy strikes and teaches Conor a much more valuable life lesson.

Saturday – (R) "Two Can Play That Game," starring Vivica Fox and Morris Chestnut – When it comes to matters of the heart, keeping her man happy and committed is all in a day's work for Shante Smith. But when her boyfriend Keith is caught stepping out with her arch-rival, Shante institutes a plan to get her man in line. Shante's about to discover that not only are there no rules – she's not the only one playing.

(Editor's note: Movies are subject to change. Telephone numbers are provided for patrons to confirm scheduled play dates.)

LIFESTYLE

Community

Pass and registration

The visitor control centers at the main and east gates will issue base decals from 10 a.m. to midnight, Monday through Friday effective immediately. The pass and registration office in building 90210 will continue to issue decals from 7:30 a.m. to 4:30 p.m. Monday through Friday. Beginning Jan. 1, people with expired decals will be subject to a traffic citation. The extended hours, combined with an early start on issuing new decals will help eliminate the year end rush. For more information, call pass and registration at 884-5233, the main gate visitor control center at 884-4402 or the east gate at 881-4406.

Spouses club

The Hurlburt Field Officer's Spouses' club holds a luncheon Nov. 20 at 8:30 a.m. at The Soundside Club. The organization will be decorating the club for the holiday season. Breakfast and lunch will be provided for all members. For more information, call 678-9375 or Danielle Wolf at 916-0963 for reservations.

Education office closes

The education office closes from 7 a.m. to noon on Thursday for the Community College of the Air Force graduation ceremony. The ceremony will be held at The Soundside at 8:30 a.m.

Classes

FSC

For more information on Family Support Center classes, call 884-5441.

- Sponsorship Training** – Monday, at 1 p.m.
- Mapping Your Career** – Monday, at 1 p.m.
- The Retired Officers Association – Transistion Assistance Program** – Tuesday, at 9 a.m.
- Moms, Pops and Tots** – Tuesday and Wednesday at 10 a.m.
- Bundles for babies** – Wednesday, at 1 p.m.
- FSC on the Road – Commando Village** – Wednesday, at 5 p.m.
- Readiness** – Thursday, at 9 a.m.
- Federal Employment** – Thursday, at 9 a.m.
- Resumé Workshop** – Thursday, at 5 p.m.
- FSC on the Road – Hurlburt Field Housing** – Thursday, at 5 p.m.
- Deployment and Families** – Thursday, at 6:30 p.m.

No fat chance

The average American gains 7 to 10 pounds of weight during the holiday season. The Health and Wellness Center can help prevent unwanted weight gain during the holiday season. The HAWC offers a "No Fat Chance" class Nov. 19 from 1 to 3 p.m. in the HAWC classroom A. The schedule includes: fitness strategies for a fit holiday, at 1 p.m., eating plan for enjoying the holidays without

unwanted weight gain, at 2 p.m., and learn how to transform traditional high calorie holiday recipes into delicious and healthful creations, at 2:30 p.m. For more information or to register for the class, call 884-4292. Space is limited.

Sports

Bowling

The Hurlburt Advisory Council and the First Sergeant's Council sponsor the 9th Annual Thanksgiving Food Drive Bowl-A-Thon Nov. 8 at noon. Teams consist of five people and there's a minimum \$25 donation per team. Prizes will be awarded for high series, high game, low series and low game. Donations must be turned in by Wednesday to Staff Sgt. Michelle Cleaton. For more information, call Sergeant Cleaton at 884-6711.

Intramural sports

- The following is the line up for intramural fall sports:
- Over-30 basketball** – Nov. 14
 - Intramural basketball** – Dec. 10
 - Over-40 basketball** – Dec. 14
 - Women's basketball** – Dec. 18
 - Indoor soccer** – Dec. 20
- For more information, call Tech Sgt. Norman Williams at 884-5879.

SPORTS

Hurlburt Field Commandos run for fun



(left) Jaime Gomez, 39th Intelligence Operations Squadron, puts on the brakes as he approaches the finish line of the 5k Commando fun run held Oct. 27 with a time of 31:26.

(right) Cleophus Burks, 16th Component Repair Squadron, finishes his Commando fun run with a time of 24:43.

Winners were recognized in six separate categories for male and female participants. The overall winners for males were Tom Halpin, with a time of 18:04 and for the over-40 category, Bill Rodriguez won with a time of 19:38.

In the female division, Kathy Scherer won with a time of 22:11 and Barbara Rabon won in the over-40 category with a time of 42:15.

Photos by Senior Airman James Davis

Men's basketball team continues winning streak

by Master Sgt. Robert McKinney
823rd RED HORSE Squadron

In a weekend game against Eglin Air Force Base, Hurlburt Field's Men's Varsity team dominated the court.

Eglin's team began the game with a 15-1 lead and assumed they had control. The Commando's battled back behind the defense of Antuon McPhail, 16th Security Forces Squadron, and Demetrius Billups, 16th Component Repair Squadron, coming off the bench to grab key rebounds and hit big shots down the stretch.

Jarmel "Job" Bell, 16th CRS, and Byron Young, 16th Helicopter Generation Squadron, led the team in scoring with 23 and 13 points respectively.

Bell exploded early during the second game, leading the team with 16 points and 5 steals.

Young ended up with 14 points due to his superb outside and inside plays. Reginald Jefferson, 16th Supply Squadron, kept Eglin AFB off balance by scoring 13 points and snatching 12 rebounds.

The final scores were 78-71 in game one and 75-58 in game two.

The two game win boosted the Commando's record to 5-1.



Photos by Joe Piccorossi

(above) Demetrius Billups, 16th Component Repair Squadron, dominates the boards, as he blocks out an Eglin player for the rebound.

(right) Jarmel "Job" Bell, 16th CRS, gets the job done, as he takes it to the hole during the game against Eglin Air Force Base.

